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MEDIC-X for all Airmen Medics

By **Jasmine Braswell**
Air Combat Command

JOINT BASE LANGLEY-EUSTIS, Va. – The U.S. Air Force Medical Service has implemented a strategic initiative designed to train all medical Airmen to provide foundational clinical support to wounded and injured personnel on the battlefield, MEDIC-X.

With MEDIC-X, every Air Force medic, including those not involved in patient care like administrators or lab technicians, need to be proficient in 52 skills that ensure the Air Force’s medical force is ready for the next fight.

These 52 skills are not normally within a majority of medical group training, an administrator doesn’t typically do hands-on patient care. MEDIC-X trains them on skills needed in a deployed environment where the priority is not completing administrative tasks but saving lives. When deployed and resources are limited, they need to know how to perform some level of patient care.

Air Combat Command began MEDIC-X training July 1, 2023, divided into four quarters over a year, with 13 essential skills taught during each quarter.

“The goal of MEDIC-X is to enhance,” said Col. Tracey Sapp, Chief, Clinical Operations, Air Combat Command Surgeon General’s Office. “The medical providers and nursing services is a small asset with very limited numbers, so the program extends our hand in the ability to provide safe care to wounded and ill people and improve patient outcomes in contested environments.”

Airmen learn skills like assessment of pain levels, principles of infection control, and use of personal protective equipment.

“Classes include intravenous fluid management, pump management and measuring intake and output of fluids,” said Sapp. “The medics also learn to assist and perform spinal immobilization, dressing changes, on and off-loading of fixed wing aircraft, oxygen therapy, and checking vital signs like blood pressure, heart rate, and respirations.”

When the training is completed, the MEDIC-X toolbox will serve as a repository within the AFMS knowledge exchange, accessible to trainees. This includes videos, hands-on training and a complete final skills assessment.

A unique part of MEDIC-X is the simulation capability of virtual reality goggles and

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The life-changing impact of orthognathic surgery

By **Keisha Frith**
Womack Army Medical Center

FORT LIBERTY, NC— In the world of oral surgery, few procedures have as profound an impact on patients’ lives as orthognathic surgery. Also known as corrective jaw surgery, this complex operation can transform the way people eat, speak, and interact with the world around them.

For one military oral surgeon Maj. Andrew Jenzer, Program Director, Oral and Maxillofacial Surgery Residency, Womack Army Medical Center, this procedure is more than just a technical exercise it’s a calling. With years of experience and hundreds of cases under his belt Jenzer has seen firsthand the transformative power of orthognathic surgery.

“It’s a beautiful surgery, we’re not just fixing teeth or jaws,” Jenzer explains. “We’re changing lives. We’re restoring them with the confidence to smile, the ability to function and chew. Not only alleviating some pain and conditions, but in one surgery you get to fix somebody’s life and



Courtesy photo

Maj. Andrew Jenzer, Program Director, Oral and Maxillofacial Surgery Residency, Womack Army Medical Center performing facial reconstruction from trauma.

that’s why I love it.”

Jenzer and his team performs several of these surgeries every week, making them one of the most experienced and skilled teams in the military. Their expertise has earned them

a reputation as leaders in the field, and their patients reap the benefits of their dedication and passion.

One of the most remarkable aspects of this surgeon’s work is the impact it has on patients’ self-

esteem. For people born with dental or facial deformities, the constant scrutiny and self-consciousness can be overwhelming. After surgery, they’re able

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manikins. VR goggles provide an immersive computer-generated scenario, and high-fidelity manikins achieve the hands-on tactile experience. They enhance the program by producing realistic scenarios to demonstrate and verify skills.

“It’s exciting to me because as a nurse I love being able to see that we can utilize everybody to their highest level and ability in order to increase survivability in different conflicts,” Sapp said. “We wear this uniform for a reason and our medical forces are here to render aid and save lives in any contested environment.”

Medical groups will continue to focus on this training to fulfill readiness requirements to meet the needs of future scenarios.

“Now that the first year of training is complete, MTFs continue the cycle to train new personnel while reinforcing the skills for those who were trained in the first year,” she said. “Skills are also incorporated throughout the year into various exercises and training opportunities.”



Photo by Jasmine Braswell

Members of the Education and Training unit at the 633rd Medical Group participate in Medic-X training at Joint Base Langley-Eustis on Aug. 8. Medic-X training consists of Airmen learning skills like assessment of pain levels, principles of infection control and use of personal protective equipment.

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Photo by Jasmine Braswell

An administrator doesn't typically do hands-on training patient care, but for the future fight every teammate is needed.

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Expeditionary Medical Facility Kilo sailors hone skills

By NMCCL Public Affairs
Naval Medical Center Camp Lejeune

FORT MCCOY, W.I. – U.S. Sailors from Expeditionary Medical Facility Kilo integrated with U.S. Marine Corps Forces Reserve 4th Medical Battalion to participate in Exercise Global Medic 2024, an annual multinational, multi-component collective training exercise that ran from Aug. 3-16 in Fort McCoy, Wisconsin.

Global Medic 24 combines forces from active and reserve components with joint and international partners for participation in a collective medical training. The exercise is designed to test medical equipment and systems as well as treatment techniques and procedures in the field, increasing medical readiness for future conflicts.

According to Hospital Corpsman Class Christopher McNally, Global Medic 24 served as an opportunity to expand upon knowledge with other units.

“We took a bunch of blue side sailors and taught them skills like fieldcraft and how to integrate with Marine Corps units and then they participated in Marine Corps Martial Arts Program, convoy operations, land navigation and field triage,” said McNally, the assistant leading petty officer for plans, operations, and medical intelligence.

U.S. Marines and Sailors, along with members of the U.K. Army, simulated a medical evacuation that included treatment, holding, evacuation and medical regulation of casualties.

“The scenario was a downed pilot behind enemy lines, a timed evolution,” McNally explained, “[participants] had to recover that pilot then navigate



Official Navy photo by Hospital Corpsman Second Class Christopher McNally. *Hospitalman Jeremy Tayaban, from Expeditionary Medical Facility Kilo (right), and a 4th Medical Battalion Sailor perform a Tactical Combat Casualty Care assessment on a notional patient to ascertain triage category during exercise Global Medic 24. Global Medic 24 provided EMF Kilo Sailors the opportunity to hone their medical and leadership skills while working with Army, Navy, and Air Force counterparts, both active and reserve, and medical personnel from other nations ensuring strong partnerships ready for any contingency worldwide in support of the Navy Medicine mission.*

through enemy lines. We started by utilizing land navigation to find the patient and then navigated hostile areas and tactically moved into the tree line all while

being evaluated and graded.”

The simulated casualties EMF Kilo encountered were created by the training team to enhance the realism of the medical training through the use and application of moulage on mannequins and scenario actors.

“The moulage center was producing almost 300 patients per 12-hour shift ranging from amputees to burns, scrapes, deformities, and the occasional live role players. They had multiple people who had never done moulage get training to help the exercise produce more patients,” said HM2 Frias Dominguez, Executive Assistant EMF Kilo. “To see the materials being used to create these patients was pretty amazing.”

Joint training exercises such as Global Medic 24 are essential to establishing and maintaining strong relationships between partner nations and different components to foster a baseline of interoperability that will be built upon in future exercises and operations.

“Global Medic 24 provided EMF Kilo Sailors a great opportunity to hone their medical and leadership skills

while working with their Army, Navy, and Air Force counterparts, both active and reserve, and medical personnel from other nations,” said U.S. Navy Captain Darryl Arfsten, commanding officer of EMF Kilo. “The exercise significantly enhanced both teamwork and interoperability that keeps our partnerships strong and ready for any contingency worldwide. Additionally, EMF Kilo personnel were able to sharpen their Knowledge, Skills, and Abilities (KSAs) to perform our unit’s Mission Essential Tasks (METs) in support of the Navy Medicine mission.”

EMF Kilo was formally established in 2023 with U.S. Navy Captain Darryl Arfsten taking command March 1. EMF Kilo is subordinate command of Navy Medicine Readiness and Training Command Camp Lejeune and is comprised of approximately 400 personnel.



Official Navy photo by Hospital Corpsman Second Class Christopher McNally. *Expeditionary Medical Facility Kilo Sailors Hospitalman Brennan Mullen and Jeremy Tayaban work alongside an U.K. Army soldier to triage patients during exercise Global Medic 24.*

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U.S. service members provide medical care for El Salvadoran citizens in AMISTAD campaign

By Tech. Sgt. Justin Norton
302nd Airlift Wing

PETERSON SPACE FORCE BASE, Colo. — More than 40 personnel from 15 units across three U.S. military service branches participated in a campaign to augment health services in multiple locations across El Salvador, Aug. 19 to Sept. 6.

Service members supported the AMISTAD campaign by integrating with existing El Salvadoran Ministry of Health services and exchanging knowledge with Salvadoran healthcare professionals while promoting the health and well-being of their nation's citizens.

“Our purpose here was to deploy medical assistance teams to increase the medical readiness of U.S. forces and strengthen U.S. relationships in El Salvador,” said U.S. Air Force Maj. Anthony Boudreau, 302nd Aeromedical Staging Squadron nurse and mission commander for the campaign. “We wanted to exchange knowledge with one another and increase our interoperability with our partner nation.”

During the AMISTAD campaign, U.S. forces from nine medical specialties accomplished more than 1,500 patient actions and delivered \$100,000+ in supplies to Hospital San Bartolo, Unidad Familiar de Salud Ilopango, Hospital Cojutepeque, Unidad Familiar de Salud Cojutepeque, Hospital Chalatenango, Unidad de Salud Chalatenango, Hospital El Salvador and surrounding communi-

ties. They also delivered equipment and infusion pumps designed to combat the spread of Dengue, a break-bone fever-inducing viral infection that spreads through mosquito bites.

During the first week teams augmented emergency departments, mental health clinics, pediatrics wards, optometry sections, and more to support doctors and nurses providing diagnoses and patient treatment.

Additionally, crews supported outreach clinics established during the second week to provide care to citizens in surrounding communities. Service members brought supplies and equipment with them to address the needs of walk-in patients away from the vicinity of established hospitals. They worked with healthcare professionals from the El Salvadoran Ministry of Health every step of the way.

Multiple locations were repurposed to be used as temporary walk-in clinics. Physicians, primary care providers and dentists used available spaces at schoolhouses, basketball courts and more as working areas to write prescriptions, deliver vaccines, treat symptoms and provide dental cleaning services.

Along with providing real-world patient care, knowledge-exchange events were planned so nurses and practitioners from both nations could share best practices in their respective fields.

U.S. servicemembers conducted Advanced Trauma Life Support courses as well as Advanced Life Support in



U.S. Air Force photo by Tech. Sgt. Justin Norton

U.S. Air Force Lt. Col. Niyasdeen Dieguez Santiesteban, 482nd Medical Squadron pediatrician, evaluates an El Salvadoran citizen for treatment at an outreach clinic at Ilopango, El Salvador, Aug. 26.

Obstetrics training.

The ATLS course, led by U.S. Air Force Lt. Col. Andrea Blake, 302 ASTS trauma surgeon, provided attendees with an approach to manage multiply injured patients by quickly assessing their conditions, stabilizing them and preparing them for transport to elevated levels of care. U.S. Army Lt. Col. Adriane Bell, Womack Army Medical Center family medicine faculty, led the ALSO course which educated participants on various methods of delivering a newborn when complications arise during childbirth. The training included hands-on training using mannequins at the Instituto Nacional de Salud.

U.S. Air Force Capt. Diana Trang, 60th Medical Group family medicine faculty, led a training course demonstrating the utility of point-of-care ultrasound technology. Nurses and doctors listened to a classroom training section before training on each other using ultrasound gel and mobile hospital beds.

“We’re here as part of our training with our residents so they can have experience in areas that have different resources than we typically do in the U.S.,” said Trang. “So with this collaboration, I think it’s great we’re able to share our resources with them and compare and contrast the different types of courses that we offer and strengthen both of our healthcare systems.”

Twelfth Air Force (Air Forces Southern), in conjunction with U.S. Southern Command’s Humanitarian Civic Assistance program, donated

three point-of-care ultrasound hand instruments for use at major hospitals and one for sustainment training in the Instituto Nacional de Salud.

U.S. Air Force mental health specialists also organized a symposium for healthcare workers explaining an emerging model of mental healthcare that may better address the overarching needs of a population.

“The Primary Care Behavioral Health Model integrates behavioral services into primary care clinics,” said U.S. Air Force Lt. Col. Levi Cole, 147th Medical Group clinical psychologist. “This model prioritizes improving the physical and mental health of an entire community. Here in El Salvador, our site visits revealed they experience many of the same challenges we experience in the United States. This new model could be helpful to their hospital clinics as well.”

Communications barriers were addressed throughout the campaign. In many cases, patients or providers only spoke English or Spanish and couldn’t understand one another. Translators facilitated communication at each location ensuring providers could understand one another and that patients were able to receive the care they needed.

U.S. Air Force Senior Airman Alexandra Albis, 189th Medical Group public health technician and AMISTAD translator, said patients were overwhelmingly grateful for the presence of U.S. servicemembers and repeatedly asked when they would be



U.S. Air Force photo by Tech. Sgt. Justin Norton

U.S. Air Force Capt. Matthew Valdez, 433rd Aerospace Medicine Squadron optometrist, administers an eye exam for a patient at the San Bartolo Hospital, San Salvador, Aug. 20. U.S. military optometrists integrated directly into operations with host nation specialists to provide care for El Salvadoran citizens.

• **Surgery** (Continued from front page)

to look in the mirror and see a new person - one who can smile, laugh, and live without fear of judgment.

“People are very appreciative that they’re getting this treatment that fixes those issues that they’ve thought about, or focused on self-consciously their whole life,” Jenzer commented. “I find it incredibly gratifying to hear from them when they come back to see us once they’re finally done and their braces are off. They have a beautiful smile, and their faces are normal.”

As Jenzer and his team transform lives through orthognathic surgery, they are also shaping the future of Army medicine by training the next generation of skilled surgeons.

“They have fostered a learning environment that is conducive to our training which has helped me grow and has made me more confident in my abilities as a future surgeon,” said fourth year resident Capt. John McKelvey. “Working with Jenzer and other staff have helped prepare me to not only effectively treat more routine cases, but also more complex cases including orthognathic surgery.”

Womack’s Oral and Maxillofacial Residency Program’s mission is to transform residents into exceptionally skilled, thoughtful, and compassionate surgeons prepared to excel in any environment worldwide in support of Department of Defense forces.

“Usually in these surgeries I have a couple of residents in the operating room and I’m walking them through the procedure, but a lot of it is developing a sense of touch and understanding

how to perform this technically difficult procedure.”

Jenzer said it’s not just about following steps but anticipating potential complications.

“There are two hundred steps involved in the surgery and something can go wrong at any point. So, how do you prepare for and adapt to those situations?”

Through their work, these surgeons are making a real difference in the lives of Soldiers and their families. They’re proof that, with skill, compassion, and dedication, even the most complex challenges can be overcome, and the impact of orthognathic surgery can be truly life changing.

In their pursuit of excellence, Jenzer has also contributed to the development of educational resources, including a comprehensive textbook on orthognathic surgery. This resource reflects their commitment to sharing knowledge and advancing the field, ensuring that future generations of surgeons can continue to transform lives through this powerful procedure.

The Womack Oral and Maxillofacial Surgery Residency Program is a fully accredited, four-year training program. The doctors are specialists in surgical procedures for the mouth, jaws and face. They treat injuries, correct jaw problems, perform cosmetic surgeries and more. They have the expertise to handle complex cases and help patients achieve optimal health and experience.

To find out more about this program visit Oral and Maxillofacial Surgery Program (tricare.mil)

• **Care** (Continued from page 4)

returning to provide additional care.

Boudreau said missions like AMISTAD help foster relationships for more rapid communication. When U.S. service members know their partner nation’s capabilities, then embedded health engagement teams are more prepared to respond to public health disasters in the region, he explained.

Teams can treat the mission like a deployment operation where they coordinate with multiple medical DoD providers and technicians across various specialties with constrained resources, said Boudreau. He said the group performed tremendously well.


U.S. Air Force Chief Master Sergeant

Joseph Kim, 302nd Aeromedical Staging Squadron senior air reserve technician and director of operations for the mission, addressed a large portion of the team on their final day supporting the AMISTAD campaign.

“All of you made this a successful mission, and you have our deepest gratitude,” said Kim. “The beauty of U.S. military members is that we can come together from various backgrounds to be a team that will give it all they have to accomplish the mission. You helped local communities and please know that you made a difference to the beautiful country of El Salvador.”

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